

Mourne Rambling Group: Detailed Route Card and Risk Assessment Form

Risk Assessment: Weather Forecast (see Useful Links on our web site for recommended sites)

Wind direction and speed:	Rain/Snow:
Cloud cover:	Temp:

Potential Hazards *Weather (wind, rain, snow, ice); Terrain (holes, steep ground, river crossings).*

Hazard	Likelihood(Low, Med, High)	Action

General Information/Requirements

Clothing/equipment	Route Card & Risk Assessment Form, compass, map, map case, first aid kit, head torch, whistle, bivvy/blizzard bag, extra fleece, food, drink. Action in Emergency card, Casualty Check card, Mountain Rescue card, pencil.
Group size	Maximum 15 (including leader)
Additional equipment?	Mobile phone? G.P.S? Survival bag?

On Completion of the Walk

Report any accidents to the chair person. Please retain this card for at least a year.

Detailed Route Card:

Start Point: _____ Grid Ref: _____
 End Point: (if different) _____ Grid Ref: _____

Leader: _____ Group: _____ Date: _____

Leg Description	Bearing	Dist (km)	Ht (m) + up, - down	Time allowed for		Leg time	Notes/ Escape routes
				Dist	Ht		
Total Dist =		Total Ascent =		Total Time =			

